

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 60: Frequency and Amount of Time Spent in School Physical Education Classes by California Children (Diary Sample)

Not including recess or lunch, during the current school year, do you have any PE (Physical Education) or gym classes that are taught by a teacher, coach, athletic instructor or some other type of adult teacher?

About how often did you have to attend a gym or physical education class?

Thinking of a typical gym or PE (Physical Education) class, for about how many minutes does this class last when you have it?

	PE Classes Per Week, Mean	Time Spent in PE Class, Mean Minutes
Total	2.1	37
Gender		
Males	2.0	35 **
Females	2.2	39
Ethnicity		
White	2.1 ^{ab} **	37 ^{ab} **
African American	2.5 ^b	39 ^{ab}
Latino	1.8 ^a	34 ^a
Asian/Other	2.3 ^b	41 ^b
Income		
≤\$19,999	1.7 ^a *	28 ^a ***
\$20,000 - \$49,999	2.0 ^a	37 ^b
≥\$50,000	2.2 ^a	39 ^b
Federal Poverty Level		
≤ 185%	1.8 **	32 ***
> 185%	2.2	39
Food Stamps		
Yes	2.1	28 **
No	2.1	37
Overweight Status		
Not at Risk	2.1	37
At Risk/Overweight	2.0	36
Physical Activity		
≥60 minutes	2.1	36
<60 minutes	2.0	37
School Breakfast		
Yes	2.0	34
No	2.1	37
School Lunch		
Yes	2.0	35 *
No	2.1	39
Nutrition Lesson		
Yes	2.2 *	37
No	1.9	36
Exercise Lesson		
Yes	2.2 **	37
No	1.7	35

Excludes those reporting "not sure" if had PE; "don't know" how often had PE; and "don't know" how many minutes of PE.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001